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FOR IMMEDIATE RELEASE

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HECK QUAW PUBLIC SCHOOL IN BELGRADE RECEIVES AWARD FOR
HEALTHY SCHOOL MEALS

Heck Quaw School received a statewide award for its healthy school breakfast program. The Healthier Montana Menu Challenge (<http://www.opi.mt.gov/schoolfood/HealthierMT2.html>) recognizes exceptional school meals programs. Heck Quaw School successfully met a challenging list of menu criteria to qualify for the award. In doing so, Heck Quaw School is serving *exceptionally healthy* school breakfast meals which contain colorful, fresh fruits; whole grains; protein sources three times per week; breakfast cereals with less sugar and more fiber; and low fat dairy products. Heck Quaw School is one of only six schools in the state that have received this prestigious award.

"My grandmother was a school cook for 28 years. She understood that serving nutritious choices at school breakfast provides the brainpower students need for academic success while teaching them an important lifelong skill – learning to eat healthy," said Superintendent of Public Instruction Denise Juneau.

The Healthy School Breakfast Award was received under the leadership of Kathy Biehl, Head Cook, who states "I know that eating a healthy breakfast helps students be successful at school." Heck Quaw School serves 1,358 breakfast meals and 7,342 lunches each month. The award-winning menu allows all students the choice of healthy options each day.

Principal Craig Cummings said, "Students participating in the school breakfast program are gaining invaluable experience in learning what a healthy, balanced meal looks and tastes like. Good nutrition is an essential factor in academic success and life-long health."

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